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The consumption of added sugar has jumped 25 percent since 1984, squeezing healthy foods out of the diet. As a member of the Center for Science in the Public Interest (CSPI), I urge the FDA to establish a "Daily Reference Value" for added sugar of 40 grams and to require labels to disclose how much added sugar a food contains.

*Please !! Help the urge,  
this is so important*

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